

ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND DISTAL CLAVICLE EXCISION REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	PROM advanced to active as tolerated **Avoid crossbody adduction for 8 weeks	0-2 weeks: Worn for comfort only, discontinue when comfortable	Elbow/hand/wrist ROM, Codmans, wall stretch, grip strengthening PROM as tolerated advanced to AAROM , pulleys/canes, deltoid and cuff isometrics Begin scapular stabilizing, protraction/retraction *Lower body, core, and cardio okay as tolerated
PHASE II 4-8 weeks	Increase to full as tolerated	None	Advance isometrics, ER/IR at neutral Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility
PHASE III 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

**Patient protocols may vary. Please follow patient-specific script if modified